

If you catch fire...

STOP, DROP, & ROLL

Even young children have saved their own lives by dropping and rolling when their clothes caught fire.



STOP

Stop where you are.
Do not run.

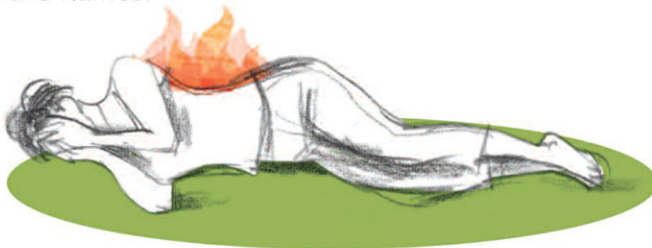


DROP

Drop to the ground or floor.

ROLL

Cover your face with your hands and roll to put out the flames.



Then... COOL

the burn right away with cool water **only**. Call **9-1-1** for emergency care.

- If you can't drop and roll, wrap yourself in a heavy towel or blanket to put out the fire.
- Teach your children to STOP, DROP and ROLL.

For more information on safety, please call (617) 624-5070 (assistance available in other languages)
TTY (617) 624-5992 or visit our website at: <http://www.state.ma.us/dph/fch/injury/index.htm>.
Massachusetts Department of Public Health, Injury Prevention and Control Program.